

Cultural Daily

Independent Voices, New Perspectives

Olympic Murals at Hammer

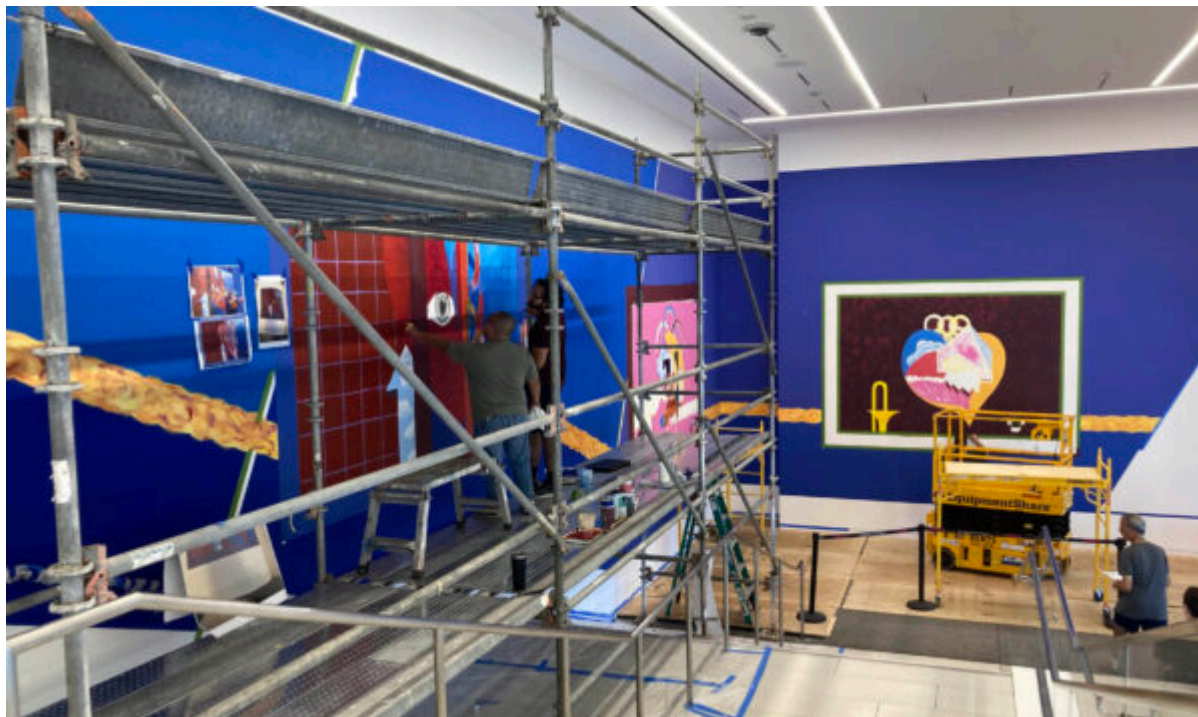
Elisa Leonelli · Sunday, October 5th, 2025

The Hammer Museum recreated the Olympic mural triptych “Eye on ’84” by [Alonzo Davis](#) on the walls of its entrance stairway in the context of the “[Made in L.A. 2025?](#)” exhibit featuring 28 artists.



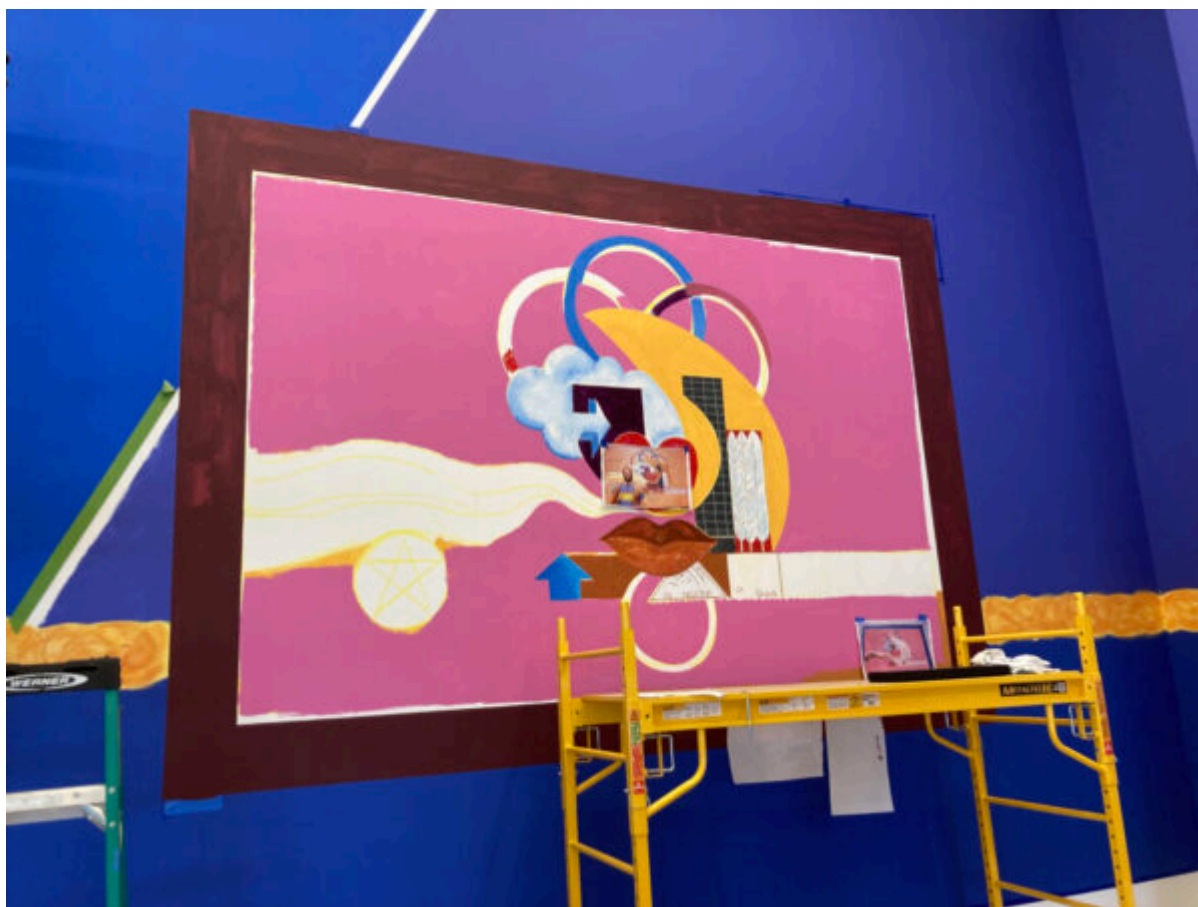
Eye on '84 by Alonzo Davis at Hammer

As a photo-journalist, I had documented the actual painting of these murals, which started in December 1983, in preparation for the Los Angeles Olympics of summer 1984, that I covered extensively. In July 2018 I wrote [my memories](#) of that amazing experience for Cultural Weekly. In 2009 I edited my Olympic coverage and donated over 1,000 slides to the [LA84 Foundation](#). In 2016 I had a best selection scanned by a lab, in 2018 I scanned myself several more images, before delivering the originals to [my archival collection](#) at Claremont Colleges.



painting of Eye on '84 at Hammer

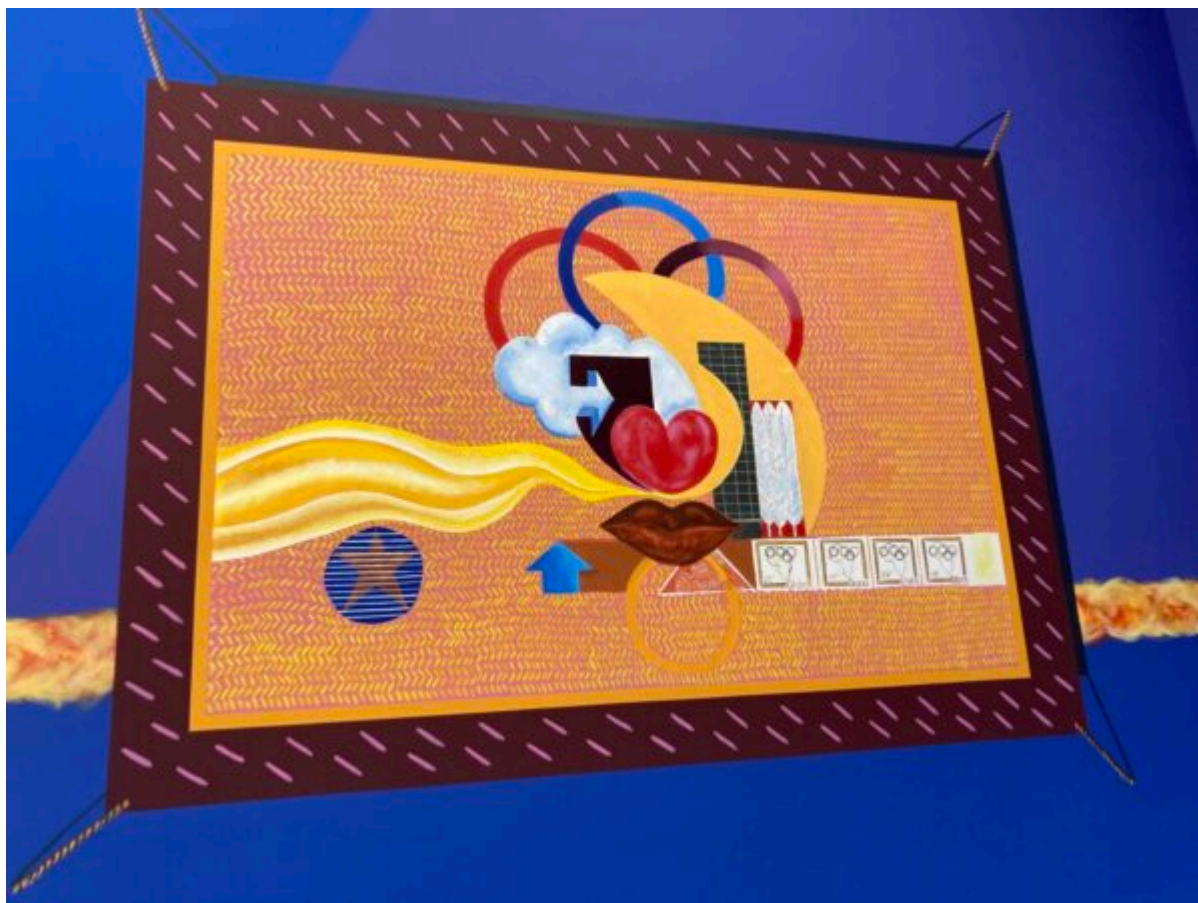
High resolution scans of my Kodachrome slides, that I had made available to Juan Silverio of the “Made in LA.” curatorial team, were printed as guidelines for the young muralists hired by exhibition designer Adam Peña to execute this exciting project.



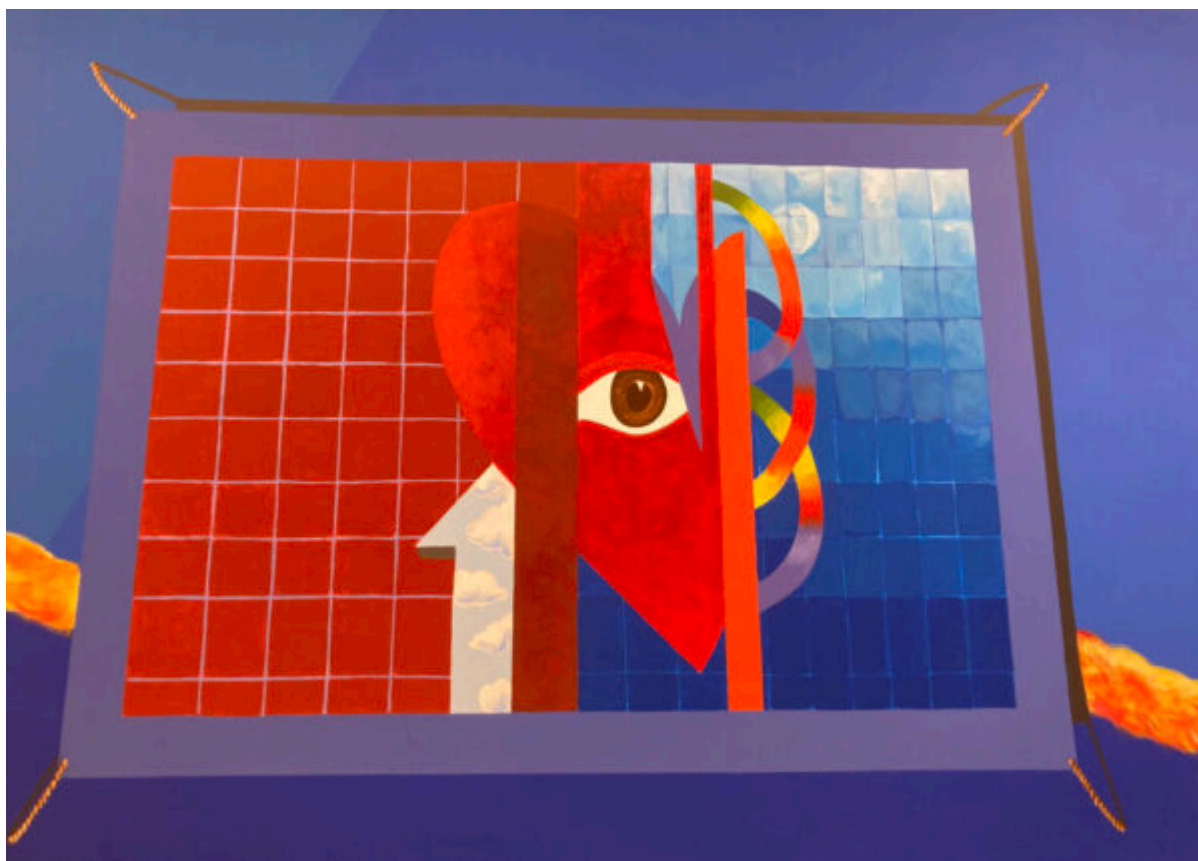
painting of Reflections on LA

Davis had assigned different names to the three murals, the one on the left was titled “Eye on '84,”

the middle one was “Reflections on LA,” on the right was “Eye of Consciousness.”



Reflections on LA



Eye on '84

For “Eye of Consciousness” see below my photos of the painting in progress, the final result, and

the reproduction of a preview canvas.



painting of Eye of Consciousness



Eye of Consciousness



Eye of Consciousness preview

Most of the original murals are no longer visible on the 110 Freeway, and sadly Alonzo Davis passed away on January 27 of this year, so he won't be able to rejoice about the recreation of his work in vibrant colors, but new generations of admirers will now get to see it.



Eye on '84 by Alonzo Davis (c) Elisa Leonelli 1984

On February 1, 2025 I wrote an article to remember my friend, “[Alonzo Davis-Rip](#).” He was the founder of the [Brockman Gallery](#) (1967-1989) with his younger brother Dale. On February 17, 2015 I attended a [live talk](#) with the two brothers organized by the Hammer.



Robert Fitzpatrick © Elisa Leonelli 1984

In the fall of 2024 I paid tribute after his passing to [Robert Fitzpatrick](#), director of the Olympic Arts Festival, who approved Alonzo Davis proposal to select ten artists to paint murals along the

freeway walls in Downtown LA. The project was called “Art in the Fast Lane.”



Alonzo Davis © Elisa Leonelli

When I interviewed Davis in 1984 he said that he selected artists who had a history of involvement in their communities and a commitment to public street art, with a level of technical and esthetic excellence.



Alonzo Davis © Elisa Leonelli 1984

Jennifer Buonocore-Nedrelow, who wrote the chapter about Alonzo Davis in the “Made in L.A.” catalogue, mentioned his 1980 mural “Homage to John Outerbridge,” at the Watts Towers that [was restored](#) in the fall of 2021. Alonzo (who in 2002 had moved to Maryland, where he continued to create art, see [his website](#)) wrote to me then that he might travel to L.A. when the Arts Center would reopen to the public after the COVID closure. But he did not come. The last time I saw my friend in person was in July 2018. His last email communication was in September 2024, announcing the opening of the latest exhibition of his work, “[Errantry](#).”



Alonzo Davis © Elisa Leonelli 1984

Up the Hammer stairs, inside a large light box with scans of my slides enlarged to 5×7 transparencies, visitors can see the other murals painted by the artists chosen by Davis. My favorites are “Cityscape” by [Terry Schoonoven](#) and “Going to the Olympics” by [Frank Romero](#).



Cityscape by Terry Schoonhoven © Elisa Leonelli 1984



Going to the Olympics by Frank Romero (c) Elisa Leonelli 1984

In 1984 I wasn't able to photograph "Hitting the Wall" by Judy Baca, because it was hidden inside an underpass. This mural was [restored in 2021](#). In November 2021 I wrote about the [Judy Baca retrospective](#) at MOLAA, in January 2023 about the "[World Wall](#)" series of murals at the Geffen, in October 2023 about the [LACMA exhibit](#) where Baca and her team painted on huge canvases sections of her "Great Wall of Los Angeles." She mentioned to me that Alonzo Davis was her friend.



L.A. Freeway Kids by Glenna Boltuch (c) Elisa Leonelli 1984

Curator Essence Harden, who organized “Made in L.A. 2025” with Paulina Pobocha, told me that the mural “L.A. Freeway Kids” by [Glenna Boltuch](#) is still there, barely visible under the graffiti.



Alonzo Davis © Elisa Leonelli

Hammer Museum director [Zoë Ryan](#) said in her introductory remarks at the October 3 press preview: “This has been an incredibly challenging year for Angelenos, with the fires, the ICE raids and the subsequent protests. We’ve also seen such chilling rhetoric and federal actions targeting

diversity and inclusion policies and even museums' presentations of historical narratives. Museums are crucial components of a thriving society and they help communities build empathy for one another, gain visual literacy and critical thinking skills, develop an understanding of the world. So at the Hammer art and ideas for a more just world are at the core of our mission and that will continue to serve as our guiding principle for all exhibitions and programs.

There is work from 27 more artists to explore at "Made in L..A. 2025" on view from October 5, 2025 to March 1, 2026.

In December 2023, I had written an article about this biennial event "[Made in L.A.](#)" that highlights the work of Los Angeles based artists.

Posted in [Fine Art](#) | [No Comments](#) »

The Rise of Weed Delivery Services: Convenience at Your Doorstep

Our Friends · Saturday, October 4th, 2025

In recent years, the cannabis industry has burgeoned into a multi-billion-dollar enterprise, reshaping consumer access to cannabis products. Among the many services that have expanded is the delivery of weed, offering unprecedented convenience for customers. Recognizing the potential to meet demand with efficiency and discretion, cannabis businesses are continually innovating to make the purchase experience as seamless as possible. The trend towards door-to-door weed delivery is not only a reflection of evolving consumer preferences but also the dynamic regulatory landscapes that govern cannabis sales. Keep reading to discover how this service is transforming the way consumers access cannabis.

The Emergence of Weed Delivery Services and Consumer Demand

Weed delivery has grown alongside the rise of on-demand services, giving cannabis consumers the same convenience they expect from food or rideshare apps. Legalization has fueled this shift, with dispensaries now offering delivery as a standard feature, especially as more people prefer regulated, accessible options over the illicit market.

For many, delivery isn't just about convenience but also privacy and necessity. [Weed delivery in LA](#), for example, makes it easier for those seeking discretion, people with limited mobility, or customers living far from dispensaries to access products. The pandemic only heightened this demand, cementing delivery as a reliable and essential service.

Navigating Legal Landscapes: How Weed Delivery Operates Within the Law

Weed delivery services must adhere to varying local and state regulations, covering operational

hours, delivery zones, and licensing. Dispensaries in legal states undergo extensive approval processes, including inspections and background checks, making compliance essential to retain delivery rights. Many providers invest in legal experts and compliance teams to monitor changing laws.

Regulations aim to prevent underage access and ensure transparency, often requiring drivers to be direct employees and vehicles to remain discreet while equipped with GPS and security systems. For consumers, these safeguards create a trustworthy market where lab-tested products from licensed growers can be delivered safely, reinforcing both accountability and product reliability.

Exploring the Benefits of Weed Delivery for Users and Businesses

Weed delivery provides more than convenience, especially for medical cannabis patients who face chronic pain or serious conditions. Accessing medication without travel reduces strain while ensuring privacy, which can help those hesitant due to stigma. For dispensaries, delivery expands reach beyond storefronts and offers insight into customer preferences, enabling more targeted product selections and marketing strategies.

Reliable service also strengthens customer loyalty and boosts **brand reputation** in a competitive market. Beyond consumer and business benefits, this model supports local economies by creating new jobs, from drivers to customer service staff, highlighting its role in both industry growth and community development.

Technology's Role in Streamlining Weed Delivery Services

Technology drives the efficiency of weed delivery services by supporting both logistics and customer experience. Online platforms and mobile apps allow consumers to browse menus, place orders, and track deliveries in real time with features like driver chat and secure payment options.

For businesses, advanced software streamlines inventory management, order processing, and regulatory compliance, automating tasks such as age verification and purchase limits. **GPS tracking** and optimized routing reduce delivery times, while integrated systems ensure smooth, secure transactions. Data analytics provide valuable insights into demand patterns, enabling companies to refine operations and scale effectively while improving customer satisfaction and profitability.

Future Prospects: The Growth and Potential of Weed Delivery Markets

The weed delivery market is set for strong growth as legalization expands and existing markets mature, attracting investors and entrepreneurs eager to tap into its economic potential. Consumer demand for convenience and personalization is shaping the industry, driving services like curated subscriptions, specialty products, and premium delivery options.

Technology partnerships are also transforming the sector, with innovations in logistics, customer experience, and operational efficiency paving the way for advanced integrations such as AI-driven recommendations and autonomous delivery vehicles. Evolving social attitudes and more supportive regulations are expected to strengthen the industry's foundation, encouraging businesses to adapt and innovate to meet rising consumer expectations.

Overall, the trajectory of weed delivery services is ascending, with innovations in technology, shifts in consumer preferences, and changes in regulatory frameworks shaping this burgeoning industry. As businesses continue to navigate and adapt to these dynamics, the future of cannabis consumption is poised to become increasingly centered around convenience, discretion, and personalized experience, all delivered directly to the consumer's door.

Photo: Jcomo via Freepik.

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Penalties for Rape Convictions Under State Law

Our Friends · Saturday, October 4th, 2025

According to an article in SAGE Journals in 2023, 42% of the rape cases the participants had reported were committed by the romantic partners (either current or past), and 60% of all the sexual assaults reported involved a romantic partner.

One of the hardest things anyone can go through is to have been accused of rape. Life-altering consequences may be the result of any rape accusation. Apart from the seriousness of the accusation, state laws provide for punishments ranging from long periods in jail to fines, requirements to register as sex offenders, and other restrictions that may last forever.

According to [Sacramento rape lawyer Joseph Tully](#), a rape sentence may be anywhere from nine to eleven years, or up to thirteen years if the victim was under the age of 14.

Let's look at the penalties for rape convictions under state law to determine how seriously the justice system treats these crimes.

Overview of Rape Laws Across States

When analyzing rape laws across the United States, you will realize that these laws significantly differ between states. Some states view rape in a narrow light, whereas other states consider it in broader terms, giving rise to different forms of sexual assault.

Depending on the gravity of the occasion and juridical area, an individual convicted of rape may be sentenced to anything from a few years in jail to death. Some jurisdictions prescribe minimum periods of imprisonment. Other places permit judges to vary the sentence within designated limits.

If your case or that of a relative or friend concerns rape, these differences may mean a lot. The clarification of the law provided by these distinctions helps survivors feel supported and

appreciated.

Factors Influencing Sentencing for Rape Convictions

Criminal charges play a major role in how sentencing is determined for a rape conviction. Every element connected to the charge may influence the final judgment. The setting of the crime is important. The relationship between the victim and the accused may influence the court's attitude in a case. If trust has existed before, sentencing may be sharper.

The use of weapons or threats can result in higher punishments. Sentencing shall be based on personal circumstances, such as previous behavior of the accused or expression of regret during trial. Judges are also pressured through public opinion, as the attitude of the community toward a case may affect its outcome.

Every case of rape is an individual case, and it is the particulars that for the most part determine the sentence.

Comparison of Penalties by State

Rape sentences within the United States vary greatly depending upon different legal systems and ways of thinking. For some states, the sentence may be mandatory. Other states allow the judge to apply discretion to the sentencing.

California is relatively strict, with penalties potentially extending to life imprisonment, while the range allowed in Colorado allows for sentences that may be as slight as a few years. These diffused penalty systems can be fracturing in terms of what they imply for the situation of both the offender and victim.

One needs to be aware of these differences since they determine what justice is being dispensed in any given case. Knowing the penalty landscape can stimulate greater awareness and numerous discussions on justice and community support.

Impact of Prior Criminal Record on Sentencing

A prior criminal history is sometimes going to weigh heavily on sentencing outcomes in rape cases, as judges consider the eventualities of imposing penalties based upon histories of crimes.

Past convictions, especially those involving violent wrongdoings, might bring about an aggravated penalty. It places greater emphasis on patterns of behavior that judges consider socially threatening, rather than solely on the immediate crime committed. You may argue that your past should never define you, but such is not the case in law.

A record simply means longer prison sentences, mandatory sex offender registration, and a lack of parole opportunities. It really serves your interest to understand just how much your past weighs on your future in a legal setting.

The Role of Victim Impact Statements in Sentencing Decisions

Victim impact statements are significant in the criminal sentencing process, as they focus on how the court has examined the effects of a crime upon the life of a victim. The statements permit victims to express any feelings of pain and suffering, alongside other lingering effects brought

about by the crime.

Victims should be urged to speak out regarding the incident. Ideally, the goal is to serve as a reminder to participants that the court's actions represent a person whose life has been seriously damaged by the act. Statements from the victim may guide judges in considering the seriousness of the crime along with the most appropriate sentence.

The participation of victims contributes to the cause of justice. Speaking up allows the victim's experience to be heard and shows the seriousness of the harm that was done.

Photo at top by Sora Shimazaki via Pexels

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Is Temecula a Good Place to Live?

Our Friends · Friday, October 3rd, 2025

Living in Temecula Guide

Nestled in Southern California's Inland Empire, Temecula has quickly become one of the most desirable places to live in the region. Known for its rolling vineyards, family-friendly communities, and vibrant cultural scene, the city combines small-town charm with modern conveniences. Whether you're a young professional, a growing family, or someone looking to settle into a relaxed lifestyle, Temecula offers something for everyone.

One of the major draws of Temecula is its variety of housing options. From cozy **1 bedroom apartments in Temecula** to spacious multi-bedroom homes, residents have plenty of choices to fit their lifestyle and budget. This flexibility, combined with a strong sense of community, makes Temecula an excellent place to put down roots.

Pros of Temecula Living

Scenic Wine Country Lifestyle

Temecula is famous for its thriving wine country, with more than 40 local wineries offering tours, tastings, and events. Living in **apartments near Temecula Wineries** allows you to enjoy weekend outings right in your backyard, whether that means a wine tasting with friends or attending one of the many seasonal festivals the area hosts.

Strong Sense of Community

Temecula is known for being a welcoming and family-oriented city. With numerous parks,

community events, and recreational activities, there's always something to do. Annual events such as the Temecula Valley Balloon & Wine Festival and Old Town Temecula's holiday celebrations foster a close-knit environment that makes new residents feel at home quickly.

Great Schools and Education Options

Families moving to Temecula will find access to some of the region's top-rated schools, making it a smart choice for parents who want quality education for their children. The combination of excellent schools and safe neighborhoods adds to the city's appeal for families.

Convenient Location

Temecula's location offers easy access to Southern California's most popular destinations. Residents are just a short drive from San Diego, Orange County, and even Palm Springs, making weekend getaways simple and convenient. Yet, despite its accessibility, Temecula retains a peaceful, suburban atmosphere.

Quality Apartment Living

Modern apartment communities in the area elevate the living experience with resort-style amenities, spacious layouts, and stylish interiors. For those seeking comfort and convenience, the **best apartments in Temecula** provide everything from swimming pools and fitness centers to pet-friendly spaces and outdoor lounges. These features allow residents to enjoy both relaxation and recreation without leaving their community.

Final Thoughts

Temecula is more than just a scenic city—it's a place where residents can enjoy a balanced lifestyle filled with opportunity, recreation, and community spirit. From its picturesque vineyards to its strong schools and vibrant events, Temecula offers a unique quality of life that continues to attract new residents. Whether you're searching for a modern apartment or simply looking for a welcoming city to call home, Temecula has everything you need.

Photo: visitcalifornia via their website.

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Cultural Daily Mentorship Program, Round 2

Cultural Daily · Friday, October 3rd, 2025

We're excited to kick off the second round of our [Mentorship Program](#)! We had a great fulfilling time with our two initial mentees, both of them incredible young writers, whose work then we were able to publish. Please check out their writing.

Abigail Kuras: Excerpt from "Severed Souls"

Chelsea Zhu: "jarfly"

Once again, if you have any young writers in your life in their teens, or if you yourself reading this are a teen writer and want to go through a free writing mentorship program with us, contact us at connect@nextecho.org.

Once again, our mentors will be Chiwan Choi, our Editor, and Minnesota based poet Micah Ruelle.

Learn more about Micah at micahruelle.com

Deadline to apply will be mid-November 2025. We will be selecting two young writers.

Posted in [Education](#), [Literature](#) | [No Comments »](#)

Best Health Supplements Review Sites: Your Guide to Making Informed Choices

Our Friends · Friday, October 3rd, 2025



Photo: Best Supplement via their website.

The supplement industry is an up-and-coming business with thousands of new products being sold annually. According to UC Health, *"U.S. consumers spend some \$60 billion a year on nutritional supplements, which range from multivitamins to digestive aids to alleged muscle-builders and age-defiers."*

The problem is, though, not all of them do as well as they are advertised to work; some may even be bad. The internet is inundated with reviews- some are true, most are biased, and some are simply fake.

The last thing you need when you are trying to better your health is misleading information. That is why it is not only beneficial to find reliable websites to review the supplements, but it is also crucial to make safe and informed decisions.

Why Use Health Supplement Review Sites Before Purchasing?

You know the truth: supplements are not cheap. It does not matter if you are purchasing multivitamins or special formulas; all of this is expensive. Review sites enable you to avoid wasting money on products that fail to deliver what they promise. They even do the homework, hence you are not putting your wallet on the line.

What is more important is that your health is at stake. Some supplements are full of doubtful ingredients, they do not mix well with medicines, or they have side effects that are not clearly stated. Good review sites get down to the science, pointing out what is safe and what is not. They describe ingredient profiles, possible interactions, and who should avoid some products completely.

Supplements are not regulated by the FDA, making it even more important to rely on trustworthy review sites to identify good or bad products.

“What they (FDA) require in their labels, for example, are just the amount of magnesium, iron, fat, calories, or other things that are just in that pill. So, the regulation is very loose.” – Dr. Steven R. Cummings, MD

However, in addition to safety and savings, these sites can provide something priceless: knowledge. You will know the real science of ingredients, not mere marketing jargon. You will read about real-life experiences of the user- good, bad, and the meh. And with user reviews supported by professional reviews, you get a little more assurance in what you are putting in your system. It is all about having the strength to inform yourself first before you commit.

Top Health & Wellness Supplements Review Sites



Photo: Best Supplement via their website.

Consumer Health Digest

Consumer Health Digest is a trusted platform providing expert-backed, evidence-based health and wellness information. The site offers comprehensive reviews on supplements, supplement

brands, and other health products, helping consumers make informed decisions. Each review includes an in-depth analysis of ingredients, effectiveness, potential side effects, and customer feedback, ensuring transparency and reliability. Additionally, Consumer Health Digest provides valuable insights into commonly used ingredients in supplements, along with informative articles covering a wide range of health topics such as weight loss, joint health, brain health, and anti-aging. All content is reviewed by medical professionals, including RDNs and doctors, ensuring the information is medically accurate and reliable.

Health Insiders

Health Insiders is a trusted online resource providing reliable, easy-to-understand health and wellness information. The site is dedicated to helping users make informed decisions through research-based articles, detailed product reviews, and expert insights. Their content, which covers diet supplements, skincare, nutrition, fitness, and mental health, is written by a team of doctors, nurses, and industry professionals. Each article and review is backed by scientific evidence and medically reviewed to ensure it is accurate, objective, and free from technical jargon. The reviews focus on ingredients, effectiveness, side effects, and customer feedback to objectively guide consumers.

DermSpotlight

DermSpotlight is an authoritative platform dedicated to providing in-depth, well-researched information on skincare products, beauty tips, and cosmetic ingredients. The site offers unbiased product reviews, skin care advice, and expert insights to help consumers make informed decisions about their beauty regimens. DermSpotlight offers detailed reviews on skincare products, ranging from organic and natural brands to more mainstream options. Each review is based on thorough research, with a focus on product authenticity, ingredient analysis, and available scientific evidence. The site also provides expert skincare tips to help readers navigate common contradictions in the beauty industry, backed by real-world results and scientific findings. Additionally, DermSpotlight offers a glossary of skincare ingredients, expert interviews, and a wealth of articles that aim to educate readers on various skin concerns, ensuring content is accurate, reliable, and easy to understand.

ConsumerLab

ConsumerLab is a leading provider of independent product testing and evaluations for health and nutrition products. Since its founding, the site has tested over 7,000 products, offering unbiased, comprehensive reviews to help consumers and healthcare professionals identify the best quality supplements, vitamins, and other wellness products. ConsumerLab.com provides detailed, scientifically-backed reviews of various health products, focusing on their identity, strength, purity, and disintegration. Although the site provides highly reliable reviews and certification, it operates behind a paywall, which may limit access to some users. Additionally, its revenue model depends heavily on membership and product certification fees, which may raise questions about the overall impartiality of some of its recommendations.

Wellness Digest

Wellness Digest is a comprehensive online resource dedicated to providing accurate, evidence-based wellness advice and nutritional information. The site aims to help consumers make informed decisions by offering in-depth reviews on various health products, focusing on their ingredients,

effectiveness, and real-world results. Each review is thoroughly researched by health experts and fact-checked to ensure the accuracy of the information provided. The site also covers a wide range of health topics such as weight management, supplements, and diet trends, offering expert insights and practical advice. Wellness Digest emphasizes transparency by maintaining clear distinctions between editorial content and sponsored advertisements, providing unbiased recommendations based on comprehensive research and expert opinions.

Labdoor

Labdoor focuses on verifying whether products contain the ingredients they claim, are free from harmful contaminants, and offer the benefits they advertise. Labdoor offers detailed product reviews based on rigorous testing, including measurements of active ingredients and contaminants. They grade products on factors like label accuracy, product purity, nutritional value, ingredient safety, and projected efficacy. While the site offers valuable insights for consumers looking to make informed decisions about health supplements, the company's business model, which includes earning revenue from product sales on their platform, may raise concerns about potential conflicts of interest, despite their claims of independence.

Glozine

Glozine is a comprehensive platform dedicated to providing consumers with well-researched product reviews, lifestyle tips, and detailed recommendations. Since its launch in 2015, Glozine has focused on simplifying the shopping process by conducting independent, thorough assessments of various products. Glozine offers in-depth reviews on a wide range of products, including health, lifestyle, nutrition, and technology items. Each review is carefully researched and tested by experts with years of industry experience. The reviews focus on product authenticity, performance, consumer feedback, and real-world usability. The team goes beyond basic analysis by conducting in-house product photography sessions to offer exclusive, firsthand looks at new and trending products. Additionally, Glozine emphasizes transparency by disclosing affiliate links and ownership interests in reviewed products, ensuring their reviews remain unbiased and trustworthy.

Honest Brand Reviews

Honest Brand Reviews is a platform that offers reviews and comparisons of various products across categories like wellness, beauty, home, and lifestyle. The site aims to provide detailed insights into the products it covers, relying on user feedback and expert evaluations. In addition to product reviews, it also includes information such as discount codes, coupons, and customer service details, which may help consumers make more informed purchasing choices. The website is transparent about its affiliate relationships, disclosing any potential earnings through the links provided, though it strives to maintain objectivity in its content. Honest Brand Reviews also features seasonal guides and product recommendations, which can be useful for readers looking for curated selections during specific times of the year.

FoodNourish

FoodNourish is a health, nutrition, and wellness platform founded in 2018, headquartered in Strovolos, Nicosia, Cyprus, and operated by a small team of health enthusiasts. The website offers a broad range of evidence-based content, including articles on nutrition, fitness, longevity, healthy recipes, mental health topics, workout tips, product reviews, and supplement guides. FoodNourish emphasizes providing reliable, science-backed information drawn from medical professionals,

nutritionists, and scientific journals. The site's editorial team fact-checks and verifies most published content, linking to reputable sources and frequently consulting experts in the field. The platform aims to help readers make healthier choices by publishing accurate, up-to-date health advice and wellness resources, available in a variety of content types like articles, listicles, infographics, and videos.

Criteria for Referencing Health Supplement Review Sites

Not every review site will provide you with what you need to know, and therefore, you should select the site that you trust. That is what makes the honest ones stand out among the rest:

- **Author Expertise:** Seek material that has been vetted by someone who really is an expert in what they are discussing, such as medical writers, registered dietitians, nutritionists, or scientists with other relevant credentials. Unprofessional or anonymous reviewers? That's a red flag.
- **Clarity of Editorial Policies:** Reputable websites have made available policies that indicate how they research products, how they analyze the evidence, and how they remain objective. They are open about their review process, beginning to end.
- **Credible References:** The valid sites support their arguments through links to scientific research, clinical trials, or established health organizations. When a site talks about something and does not back it up with evidence, then put it on hold.
- **Transparency:** The most appropriate websites are straightforward when it comes to their relationships with supplement companies. They also reveal affiliate association or sponsorship or any possible conflict of interest. A site that is attempting to conceal the means through which it earns money should raise concerns.
- **Active Community:** The most successful sites have active communities where readers can communicate and exchange experiences, ask questions, and receive feedback. As you can notice, when there are active comment sections and feedback is posted by the team members of the site, it means that they are concerned with the engagement of the audience and responsibility.
- **Frequent Updates:** The Supplement Industry is a dynamic place. New research is published, formulas are changed, and regulations are switched. Reliable websites are those that update their reviews frequently to contain the current data and not recycle old information.
- **Balanced Coverage:** Be wary of websites that are all praises or all negative on any product. Good review sites provide advantages and disadvantages, explain who may and who should not use a product, and provide you with the entire picture without being pushy.

Red Flags: How to Avoid Fake Reviews

The counterfeit or biased nature of a review is not always an easy task to detect but there are signs that you can employ so that you can keep your eyes open:

- **Extreme Language Without Proof:** Reviews that are empty on and on about the life-altering or miraculous effect of a product, or pour all the negativity into it, are, in any case, probably fake. Authentic reviews take into account subtlety and support arguments with details.
- **Absence of Credentials:** You may not be able to find information about the author of the review and their qualifications to review the supplements. Those sites that are legitimate show the author's bio and credentials with pride since they have nothing to hide.
- **Lack of Scientific Evidence:** Where a review makes sweeping health assertions without giving a single clinical study, research article, or reference to a reputable health authority, it is likely that one should not place trust in it. True expertise is in the details.

- **Apparent Sales Agenda:** There are certain review sites that are just disguised online stores. When all the reviews result in the combination of a Buy Now button and a special discount code, the site is more interested in commissions rather than in the actual evaluation.
- **Unrealistic Promises:** Read between the lines of reviews that claim supplements can cure serious diseases, that they can substitute medical treatment or that they work on all people. This is not how supplements operate, and whoever claims so suffers an information collapse, or is out to fool you.
- **None No User Interaction:** Fake review sites usually do not have commenting, questions or community discussion. They do not want the readers to make comparisons and question their assertions. Authentic sites promote interaction and accept feedback from the reader.

Tips for Picking the Right Health Supplements for You

Even having excellent review sites at your fingertips, the selection of the appropriate health supplement is a subjective experience. It is possible to make decisions that will work with your unique situation in the following way:

Determine Your Real Needs: You need not be a follower of trends or use what worked well with your friend. Before shopping, have bloodwork done (where possible), evaluate your diet frankly, and identify certain shortcomings or health objectives.

Begin with one: Do not be tempted to take several supplements at the same time. One at a time makes you know what is actually working, and it is also easy to identify any adverse reactions.

Look at the Full List of Ingredients: It is not only the primary ingredient. Look into ingredients that may not be appropriate for you due to allergies. There are those people who are more sensitive to the inactive ingredients as opposed to the active ones.

Think about Your Lifestyle and Preferences: Pills, powders, gummies, or liquids- choose one of these forms that you will consistently take. Also, consider the timing (morning or night) and whether it will require food to be taken.

Check Interactions: Check with your ongoing medications and other supplements, compare your existing medications and other supplements with your new product. Drug-nutrient interaction exists and may decrease efficacy or create issues.

Factor in Your Budget: Do not be optimistic about what you can comfortably spend in the long term. The most useful supplement is one that you can continuously intake as opposed to spending a lot of money now and quitting in a month.

Consult Healthcare Expert: Once you have settled on a supplement, the last thing you need is to consult a healthcare expert to ensure that the supplement is good or not, depending on your medical history.

Conclusion

Making your way through the supplement world does not necessarily have to be a minefield. A good dietary supplements review website is like your friend that will assist you in distinguishing between evidence-based products and mere advertising.

They safeguard your health and your wallet by offering truthful, science-based knowledge you can put into practical use. However, keep in mind that no one review site can be considered the one, and something that works well with one individual may not be effective with another.

The secret here is to be critical in making supplement choices, fact-checking and asking questions. By taking credible reviews and adding them to your research and medical expertise, you are making informed decisions that can actually help achieve your health objectives. It's not only smart shopping, but it is also smart self-care.

Photo: Freepik via their website.

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Community Strategies Between Parents and Children

Our Friends · Thursday, October 2nd, 2025

Building strong connections within families and communities takes effort and creativity. For parents and children, having a solid relationship fosters effective communication and understanding, ultimately leading to lifelong bonds. The ways to strengthen these ties vary widely, from daily routines to special activities that bring everyone together. The goal is to engage and nurture healthy, open relationships.

Let's explore ways to nurture these connections within your family.

Shared Experiences

Spending time together as a family creates lasting memories and important lessons. Shared experiences, big or small, foster a sense of togetherness. Family game nights, cooking meals together, or trying a new hobby can be fun ways to bond. These moments allow for laughter, conversation, and learning that daily life can overlook.

Consider planning regular family outings or setting aside specific times each week for shared activities, such as movie nights or outdoor adventures. These routines can become cherished traditions that children eagerly anticipate. As they grow, these experiences enable deeper conversations about their interests, dreams, and challenges.

Communication Techniques

Open communication is key to strong relationships between parents and children. Meaningful conversations help children express their feelings, and parents can provide the support and

understanding they need. Active listening is an effective way to ensure children feel heard and valued. This means giving them your full attention, making eye contact, and responding thoughtfully.

Encourage children to share their thoughts and stories to create a safe space for dialogue. You might ask open-ended questions during dinner or family gatherings, allowing them to discuss their day or share opinions on various topics. When parents model healthy communication, children learn to express themselves openly and honestly.

Speech Therapists

A **speech therapist** plays a key role in helping children develop their communication skills. These professionals create a positive environment for children who face challenges with speech or language. They use engaging activities tailored to each child's interests and goals, making learning a fun experience.

Through interactive games, storytelling, and exercises, speech therapists help children expand their vocabulary, improve articulation, and enhance overall communication skills. This focused attention not only aids speech development but also boosts confidence, allowing children to express their ideas and feelings more effectively.

Creating a Supportive Environment

A supportive home is crucial for children's emotional and mental growth. This means building trust so that children feel safe discussing their feelings or any problems. Parents can help by validating their children's emotions and encouraging them to share their thoughts without fear of judgment.

Establishing routines can also help children feel secure. Predictability in daily activities brings stability. When children know what to expect, they can focus on their interests and relationships, knowing they have a reliable support system.

Community Involvement

Participating in community activities can strengthen family bonds and teach children the importance of teamwork and responsibility. Volunteering for local charities or joining neighbourhood events can create rewarding experiences. Children learn the value of helping their community while growing closer to their parents through shared goals and values.

When families actively engage in their neighbourhoods, they not only build relationships with others but also enhance their family ties. These shared activities create a sense of purpose and connectedness that benefits everyone involved.

Balancing Freedom and Guidance

Parents need to strike a balance between giving children freedom and providing guidance. Allowing children to make choices helps them develop confidence and improve their decision-making skills. This independence can include choosing their clothes or planning weekend activities.

However, freedom comes with the need for guidance. Parents should talk with their children about the impact of their decisions. This encourages critical thinking and helps them understand consequences without restricting their freedom to explore. Finding this balance fosters trust, demonstrating to children that their parents support their growth while guiding them through challenges.

Celebrating Achievements

Recognizing and celebrating children's achievements, big or small, can boost their self-esteem and motivation. Whether finishing a school project, learning a new skill, or participating in a sports event, acknowledging their efforts creates a positive atmosphere.

Parents can celebrate their children's accomplishments with special rewards or simply by offering praise. This approach shows that effort is valued and encourages children to pursue their interests and aim for success. Celebrations can be formal or spontaneous, reminding children that their hard work is appreciated and supported.

Overall, nurturing relationships between parents and children is key to a supportive family dynamic. Engaging in shared experiences, encouraging open communication, and involving the **best speech therapists** when necessary are all essential. When parents and children participate in each other's lives, it leads to growth, understanding, and connection.

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How to Spend Time as a Married Couple

Our Friends · Thursday, October 2nd, 2025

Marriage is a special partnership that grows with care, attention, and time together. In our busy lives, it's easy for couples to slip into a routine that lacks connection. The challenge is finding ways to prioritize your relationship while managing daily responsibilities. The answer is simple: be intentional about how you spend time together. Without consistent effort, even the strongest relationship can feel dull.

When couples choose to connect meaningfully, they not only enjoy their time together but also strengthen their relationship. It's in those shared moments that a marriage thrives. Here are some ways to prioritize time with your partner and make it enjoyable and rewarding.

Quality Conversations

Having deep, meaningful conversations is key for any couple. Set aside time for just the two of you as a cherished routine. Turn off your phones and find a comfortable spot, like a cozy corner of your home or a favourite café. These places help you talk openly without distractions.

Begin with light topics and gradually transition to more in-depth discussions about your hopes, dreams, or concerns. This helps you understand each other better and builds empathy and connection. Remember, the goal is not always to solve problems but to share experiences and feelings. Regular conversations like this can refresh your bond and create a sense of teamwork in your life together.

Marriage Counselling

Happy couples can still face challenges. **Marriage counselling** can improve communication and connection without any stigma. This setting allows you both to share your feelings and concerns safely.

A professional can provide tools and strategies to tackle underlying issues, helping you understand each other better. Seeking counselling shows your commitment to the relationship and your desire to grow together. It's a proactive choice that strengthens love and understanding.

Shared Hobbies

Finding a hobby you both enjoy can be a great way to spend time together. Whether it's gardening, cooking, hiking, or crafting, working on something you both like deepens your connection. Hobbies allow teamwork and often lead to laughter, learning, and great memories.

Try doing something new together, like taking a dance class or exploring a local area. Stepping outside your comfort zone can bring excitement to your relationship. The fun and support you give each other can uplift your spirits and give your marriage a fresh outlook.

Date Nights

Regular date nights are very important. Life can get busy, so you need to be intentional about your time together. Plan a weekly or bi-weekly date night that you both look forward to. It doesn't have to be fancy or expensive; even a night at home with a movie and homemade popcorn can be a special occasion.

Vary your date nights. Visit a new restaurant, attend a concert, or go to local events. The options are endless, and changing things up keeps the excitement alive. Additionally, it provides you with something enjoyable to look forward to amidst your daily routines.

Travel Together

Travelling can enrich your marriage. Visiting new places helps couples make shared memories that bring joy long after the trip. It doesn't have to be a big vacation; even a short weekend getaway can provide a refreshing break from daily life.

Experiencing new cultures, foods, and sights together sparks meaningful conversations and creates experiences that go beyond your normal routine. Planning the trip as a team fosters cooperation,

which is essential for a successful marriage.

Mindful Moments

In the busyness of life, it's important to create mindful moments together. Simple acts, such as enjoying morning coffee or taking evening walks, can help. Being mindful means being present with one another, appreciating small joys, and encouraging connections.

Establish a ritual where you both share something you're grateful for each day. These moments build appreciation and understanding, showing that you are a team navigating life together.

Support Each Other's Individuality

While time together is important, supporting each other's individuality is equally vital. Encourage your partner to pursue their hobbies, whether it's a book club or a sport they enjoy. Spending time apart allows for personal growth, which benefits your relationship.

Find a balance between shared time and personal space. Supporting individual interests deepens your appreciation for each other. When you reunite, you can share new experiences and insights.

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How to Improve Health and Safety at a Company

Our Friends · Thursday, October 2nd, 2025

Companies that invest in health and safety programs often see happier employees. When workers feel safe, they are more motivated and focused, resulting in improved performance and lower turnover rates.

Building a culture of health and safety should involve everyone, not just management or safety officers. Every employee, from new hires to top executives, should participate in creating a safe workplace. A strong health and safety culture encompasses safety in daily activities and decision-making processes.

Here are some practical steps to improve health and safety in your company.

Training and Awareness

Training is essential for helping employees understand and adhere to safety practices. Regular

training sessions educate your team about workplace hazards and guide how to avoid them. This goes beyond meeting legal requirements; it empowers employees to look after their own safety and the safety of their coworkers.

In addition to formal training, consider using workshops and safety drills. These hands-on experiences help reinforce safety concepts and make them easier to understand. Engaging employees in conversations about safety also helps make safety a regular part of the workplace.

Open Communication

It's important to encourage open communication about health and safety. Employees should feel safe reporting hazards or discussing safety concerns without fear of punishment. A culture that fosters open dialogue enables workers to share their thoughts, resulting in valuable suggestions for improvement.

Conduct regular check-ins and feedback sessions to gauge employees' perceptions of safety at work. Create easy ways for workers to share their experiences, like anonymous surveys or team meetings. Open communication helps identify issues quickly and fosters a feeling of shared responsibility.

Health and Safety Software

Utilizing **health and safety software** can simplify the management of safety programs. These systems help companies organize safety efforts and keep everything in one place. With dedicated software, it's simpler to track incidents, safety audits, and compliance documents, which helps spot areas needing improvement.

Such software often includes features for incident reporting, risk assessment, and training management. It serves as a central hub for all safety information, ensuring employees have access to the necessary tools. By adopting health and safety software, companies improve efficiency and promote proactive safety measures.

Physical Environment Improvements

It is important to have a safe physical environment. This includes good lighting, ergonomic workspaces, clear emergency exits, and proper safety gear. Regularly checking the workspace helps find and fix potential hazards before they cause accidents.

Involve employees in examining their work environment. They can provide helpful feedback on what needs to change or improve. Making changes, such as creating an open layout for better visibility or quiet areas for focused work, can benefit employee well-being.

Health Programs

Prioritizing employee well-being through health programs can enhance safety in your workplace. Programs such as stress management workshops, fitness challenges, or mental health resources demonstrate a commitment to employee health that extends beyond just safety rules. A healthy workforce tends to be more engaged and productive, which benefits the entire organization.

Wellness programs can also target specific health issues that are common in certain occupations.

When you prioritize your employees' well-being, you build loyalty and boost morale, contributing to a safer work environment.

Regular Evaluations

Continuous improvement is crucial for maintaining health and safety. Conduct regular checks of your safety practices to stay up-to-date with changing regulations and best practices. These checks can also highlight successful methods that can be shared throughout the organization.

Involve employees in these evaluations. Their input provides new perspectives and reminds everyone that they play a role in maintaining a safe workplace. This teamwork fosters a more substantial commitment to health and safety.

The goal is to enhance health and safety within your organization, not just to meet requirements, but to foster a culture where every employee feels valued and empowered to make a meaningful contribution. A proactive approach to health and safety can lead to a more engaged and productive workforce, ultimately benefiting the company's overall success.

Emergency Preparedness

A strong emergency preparedness plan is essential for every workplace. This plan should cover various emergencies, including fires, natural disasters, and medical situations. Regular drills help employees learn how to respond during actual emergencies, decreasing panic and confusion.

Develop clear steps for evacuation, communication, and reporting during emergencies. Involve employees in creating these plans, as they may be aware of specific risks in their work area. Provide easy access to emergency contacts and resources to help everyone manage unexpected situations effectively.

Recognition and Rewards

Recognizing and rewarding employees for their commitment to health and safety can significantly enhance the safety culture within an organization. A recognition program that highlights individuals or teams who prioritize safety encourages others to do the same.

Rewards can include public recognition in meetings or practical incentives, such as gift cards or extra time off. Celebrating safety achievements, such as days without accidents or completing training programs, fosters a sense of accomplishment and emphasizes the importance of a safe workplace. When employees feel valued for their efforts, they are more likely to take charge of health and safety practices.

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Digital Style And Collecting In CS2 Skins: How Players Curate Culture

Our Friends · Thursday, October 2nd, 2025

Every culture signals taste through objects, and gaming is no different. In Counter-Strike 2, **CS2 skins** have become the canvas for style, status, and storytelling. Players mix design, lore, and performance rituals into a personal gallery—then trade to refine it. Platforms like **cs2 skins** help that journey feel simple, secure, and surprisingly creative for newcomers and veterans alike.

From Utility To Identity: The Aesthetics Of CS2 Skins

Once, a rifle was just a rifle. Today, finishes, patterns, and wear levels form a visual language—the **aesthetics of CS2 skins** bridge streetwear, sport logos, and pop art. A bright fade can signal flair; a minimalist black can whisper discipline. That interplay of color, rarity, and story lets players express taste in fast, high-stakes moments.

Why Players Collect: Rarity And Cultural Value

Collectors don't chase pixels; they chase meaning. Scarcity, provenance, and design quality combine into **rarity and cultural value** that feels comparable to sneakers or vinyl. A limited drop may echo a tournament era, while a pattern float becomes folklore. Over time, collections mature from impulse buys into coherent sets that reflect the owner's evolving perspective.

The Pull Of Virtual Collecting Culture

This **virtual collecting culture** thrives because it balances freedom with rules. Markets provide transparent pricing signals; communities provide context; and play provides meaning. Items aren't static trophies—they return to the arena, where highlights imprint fresh memories. That loop turns a skin from an inventory line into a memento, linking design to lived experience.

Sell CS2 skins: Smart, Safe, and Transparent

When it's time to rebalance a collection, speed and clarity matter. Transparent quotes, quick payouts, and verified flows reduce friction, especially for newer players. If you're consolidating toward a theme or funding an upgrade, platforms that streamline verification, pricing, and payouts help you focus on the art of selection—not the admin around it. Consider where liquidity meets trust.

To explore streamlined options and timing, many collectors choose to **sell cs2 skins** when market sentiment and personal goals align.

How Skin.Land Fits: Tools For Curators, Not Just Traders

Great platforms should feel like studio assistants for digital curators. **Skin.Land** emphasizes trusted flows, straightforward interfaces, and helpful discovery—useful when you're editing a theme or timing a sale. The platform offers **instant price checks**, **fast payouts**, and clear fee

visibility so that you can **sell CS2 skins** without guesswork or delays. If you're rotating into a new look, its **CS2 skins marketplace** helps you browse by weapon, finish, or budget, while the buying flow keeps things clean and direct—ideal for locking in a signature piece. Whether you're refining one standout loadout or building a cohesive lineup across roles, Skin.Land aims to make the journey from **buying CS2 skins** to resale feel confident, transparent, and efficient.

Building A Collection That Tells A Story

Think of your inventory like a gallery with a thesis. Maybe it's "urban minimalism" across rifles and pistols. Perhaps it's "iridescent fades with tournament provenance." Anchoring choices in a theme prevents random drift, and it helps you evaluate trades. Over months, you'll notice coherence emerging—and your in-match presence will feel more intentional.

Style In Practice: Player Identity And Expression

Skins tap into **player identity and expression** because they move with you. Teammates recognize your palette on entry. Opponents remember the silhouette that clutched the last round. Your choices communicate mood—bold, disciplined, playful—before you fire a shot. Over time, that identity becomes part of your mental game, reinforcing confidence when it matters.

A Simple Framework For Better Decisions

Use this quick framework when you're assessing a potential pickup or trade:

- **Theme fit:** Does it strengthen your chosen aesthetic or muddy it?
- **Playground factor:** Will you actually equip it in your top maps and roles?
- **Rarity signal:** Is scarcity authentic (drop history) or hype-driven?
- **Condition & pattern:** Float and pattern variance still matter under pressure.
- **Liquidity check:** Could you exit cleanly if your taste evolves later?

Trends To Watch: Design, Provenance, And Community Signals

Design trends pivot with esports highlights, creators, and seasonal drops. Clean monochromes often cycle back after flashy waves. Provenance matters more each year as notable matches confer narrative value. Meanwhile, community taste shifts through creator showcases and workshop buzz. Stay curious, compare notes, and treat each acquisition like you're adding a chapter—not just an item.

How Skin.Land Fits: Tools For Curators, Not Just Traders

Great platforms should feel like studio assistants for digital curators. Skin.land emphasizes trusted flows, straightforward interfaces, and helpful discovery—useful when you're editing a theme or timing a sale. Whether you're refining a single signature look or building a cohesive lineup across roles, the goal is confidence: transparent pricing, quick transactions, and less guesswork.

Conclusion: Curate Boldly, Trade Thoughtfully

In CS2, style isn't a sideshow—it's the stagecraft of competition. Treat **CS2 skins** like cultural artifacts: expressive, contextual, and active. Use markets to fine-tune your voice, not chase noise.

When you're ready to rotate inventory or capture value, do it with clarity and care, leaning on trusted tools and transparent flows. Curate boldly, trade thoughtfully, and let your loadout tell your story.

Photo: upklyak via Freepik

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How XRP and DOGE Traders Earn \$5,700 in Daily, Steady Returns

Our Friends · Thursday, October 2nd, 2025

Amid the growing popularity of cryptocurrency investment, Dogecoin (DOGE) and Ripple (XRP) have become hot assets. **PlanMining**, leveraging its powerful cloud mining technology, has built a leading global digital currency mining service platform. The platform helps users easily overcome hardware investment and technical barriers, providing legal, compliant, stable, and efficient Bitcoin and Ripple mining solutions, allowing investors to securely reap daily returns.

Advantages of Cloud Mining:

Traditional mining requires significant investment in high-performance hardware and other resources, costing users thousands of dollars to start mining, making it unaffordable for the average investor. In contrast, PlanMining cloud mining allows users to rent computing power from a provider, eliminating the need for significant upfront investment. This makes it easier for individual users to participate in cryptocurrency mining without the financial pressure.

How to mine on PlanMining:

1: **Register now to receive a \$15 bonus** (\$0.60 for daily check-ins)

2: Choose a contract: After successfully registering, the next step is to select a mining contract that meets your goals and budget. PlanMining offers a variety of contracts to suit your needs, whether you're a beginner or an experienced miner. Carefully review the available options and consider factors such as contract length, potential returns, and associated costs.

Choose the right contract to start earning passive income. Here's your potential earnings:

New Customer Experience Program

Investment: \$100 | Term: 2 days | Daily Income: \$3 | Total Profit: \$6 | Total Return: \$106

Bitmain Antminer S19K Pro1

Investment: \$500 | Term: 6 days | Daily Income: \$6.75 | Total Profit: \$40.5 | Total Return: \$540.5

Antminer S21 XP Hydraulic

Investment: \$3,200 | Term: 20 days | Daily Income: \$46.4 | Total Profit: \$928 | Total Return: \$4,128

Litecoin and Dogecoin Miner

Investment: \$7,700 | Term: 25 days | Daily Income: \$123.2 | Total Profit: \$3,080 | Total Return: \$10,780

Shenmao M66S Miner

Investment: \$10,000 | Term: 30 days | Daily Profit: \$170 | Total Profit: \$5,100 | Total Return: \$15,100

Antminer S23

Investment: \$30,000 | Term: 35 days | Daily Profit: \$570 | Total Profit: \$19,950 | Total Return: \$49,950

Take action now to achieve your financial freedom. More contract details: [Visit the PlanMining contract page for details](#)

3. The day after you purchase your contract, your earnings will be automatically credited to your account. Watch your income grow without any management effort. Daily earnings will be automatically deposited into your account and you can also withdraw them to your cryptocurrency wallet address.

Why choose PlanMining?

New users receive a \$15 bonus upon registration, and sign in daily to experience the project.

With cloud mining, users don't need to purchase their own mining machines, reducing initial costs.

We support a wide range of mining options, including BTC, ETH, DOGE, USDT, USDC, LTC, XRP, SOL, BCH, and more.

We offer a variety of contract types to suit different budgets and timeframes.

We offer stable returns with no frequent operational intervention.

Daily settlement means I wake up to a pleasant surprise every day.

Global availability: Accessible to users worldwide, regardless of geographic location.

About PlanMining

Founded in 2021 and headquartered in England, PlanMining is one of the world's leading

cryptocurrency mining platforms. We specialize in mining mainstream digital currencies such as Bitcoin, Ethereum, and Ripple. We utilize leading-edge professional mining machines deployed in stable, climate-friendly mining environments to ensure uninterrupted year-round operation. Our services emphasize compliance and transparency, strictly adhering to relevant UK and international regulatory policies. The platform utilizes advanced encryption technology to safeguard user data and assets, allowing investors to participate in mining in a trusted environment.

Learn more.

Official website: <https://www.planmining.net>

Official email: info@planmining.com

Photo: David Mcbee via Pexels.

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Love in the City: How to Actually Find Your Person in a Modern Metropolis

Our Friends · Thursday, October 2nd, 2025

Dating in a big city feels a lot like standing in the middle of Times Square at rush hour. People everywhere. Lights, noise, energy — and yet, you can feel strangely... alone. Millions of people, but no one to split a pizza with at 2 a.m.

Here's the thing: cities are *perfect* for love stories. They're full of options, events, and people who are just as tired of swiping as you are. You just need to know where to look, how to present yourself, and how to turn that online spark into something real. Think of this as your friendly survival guide to dating in the big city — step by step, with some humor and heart along the way.

Big City Dating: Blessing or Curse?

Living in a metropolis means opportunity. You can meet people at rooftop parties, art shows, dog parks, or while arguing over the last avocado at Trader Joe's. And apps? They're overflowing with potential matches just blocks away.

But the curse? Choice overload. Psychologists call it the “paradox of choice.” You can literally swipe through 100 profiles while waiting for your Uber. The downside? You start treating people like profiles, not people. That's why you need to be intentional.

Step 1: Pick Your Playground (Choosing Apps That Fit You)

Not every app works the same way — and not every app works for every city vibe. Here's a breakdown of the most popular ones in 2025, with a city-dating twist:

App/Website	Best For	Why It Works in Cities
Tinder	Casual meetups	Great if you want fast matches & spontaneous plans
Hinge	Long-term vibes	“Designed to be deleted” — attracts relationship-minded folks
Bumble	Empowered dating	Women message first, less chaos in crowded dating scenes
OkCupid	Personality depth	Quizzes help filter serious vs. casual daters
Dating.com	Global meets local	Good dating site if you're open to both nearby and international love
Flure	No-pressure dating	Perfect for big-city singles tired of labels — just meet, vibe, see where it goes
Coffee Meets Bagel	Quality over quantity	Fewer swipes, more thoughtful matches

? **Tip:** Start with at least two apps — one “fast & social” (Tinder/Bumble) and one “serious & curated” (Hinge, Dating.com, or Flure).

Step 2: Create a Profile That Doesn't Put People to Sleep

Let's be real: in a city where everyone's scrolling on the subway, your profile gets three seconds before they swipe left. But don't panic — you don't need to be perfect. You just need to be *real* and a little interesting.

Photos That Work:

- **One clear smiling photo.** People want to see your face.
- **One full-body shot.** Casual, not staged.
- **Lifestyle pics.** Cooking, playing guitar, hiking, walking your dog. Show your life, not just your face.
- **Avoid clichés.** Blurry bathroom selfies = no. Group pics where no one knows which one is you = also no.

Bios That Work:

Think of your bio as a movie trailer: short, fun, makes people curious.

Examples:

- ? “I love music, travel, and food.” (Everyone does, Karen.)

- ? “Jazz bars on Tuesdays, ramen on Sundays, always down to chase sunsets.”
- ? “Looking for someone fun.”
- ? “Looking for someone who won’t judge me for ordering dessert first.”

Here’s a quick checklist:

Profile Element	Good Idea	Example
Photos	4–6 pics (headshot + full-body + hobbies)	Smiling selfie, hiking shot, coffee with friends
Bio	Specific, shows humor	“Writer. Coffee snob ?. Can beat you at Mario Kart.”
Prompts	Keep playful	Q: “Most spontaneous thing I’ve done?” A: “Adopted a cactus and named him Carl.”
Deal-breakers	Honest but light	“Must love dogs ?”

Step 3: The First Message — Don’t Be Boring

You matched. Congrats! Now, please, for the love of Wi-Fi, don’t open with “hey.” City daters see that a hundred times a week.

Instead, try this:

- **Comment on something in their profile.**
“You said you love ramen. What’s the best spot in town?”
- **Be playful.**
“Okay, serious question: could you survive a zombie apocalypse?”
- **Show your personality.**
“I just discovered a rooftop bar with live jazz. Ever been?”

Think of it like tossing a ball — not too heavy, not too light. Just enough to keep the game going.

Step 4: First Date, Big City Edition

Here’s the fun part: turning digital into real. In cities, the possibilities are endless. The trick? Pick something that lets you talk, laugh, and feel relaxed.

Best First Date Ideas in Cities:

Type of Date	Example	Why It Works
Casual	Coffee at a trendy café	Low pressure, easy exit if it's awkward
Playful	Food truck festival or arcade bar	Built-in fun, sparks conversation
Cultural	Art gallery, bookshop event, indie cinema	Great for city singles who love creativity
Scenic	Rooftop drinks, evening walk by the river	Romantic without being over the top

? Pro Tip: Suggest something *you* enjoy. That way, even if the chemistry is off, you still had a good night.

Step 5: Big City Dating Challenges (and How to Survive Them)

- **Ghosting.** It happens. Don't overthink it — just move on.
- **Distance.** In LA or NYC, someone "20 miles away" might as well live on Mars. Be realistic about commute romance.
- **Too many choices.** Swipe less, focus more. You don't need 100 matches — you need one good one.

A Story from the Concrete Jungle

Take Emily, a graphic designer in New York. She was ready to delete her apps after too many dead-end chats. Then she rewrote her profile: added photos of her painting murals and a bio that read, "*Fluent in sarcasm and bubble tea.*"

One week later, she matched with someone who loved street art. Their first date? A graffiti tour in Brooklyn. Two years later, they're still together — and still drinking bubble tea.

Stories like this are everywhere. The city may feel crowded, but when you meet the right person, it suddenly feels like it's just the two of you.

Step-by-Step Recap

1. **Choose your apps wisely.** Mix casual + serious platforms.
2. **Make your profile shine.** Real photos, specific bio, humor.
3. **Send messages that matter.** Be curious, be playful.
4. **Plan dates you'd enjoy.** Keep it fun, low-pressure, safe.

Don't lose hope. Cities are full of people, which means they're also full of chances.

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Micah Ruelle: Two Poems

Micah Ruelle · Thursday, October 2nd, 2025

You Tried to Bury Me, But I'm Still Here and Remember It All Too Well

“You said if we had been closer in age,
maybe it would’ve been fine.”

— Taylor Swift, “All Too Well” (10 Minute Version) (Taylor’s Version)

I’m standing in my best friend’s kitchen
in Texas and she’s running through a list
of how we might spend our time together
and I remind her that I’ll never go back
to Enchanted Rock, that it was where
you and I had our last day trip after
you decided that you couldn’t marry me,
and my dad was dying in Kansas City
from the cancer that returned.

That day, I wore the hiking boots
my dad had gifted me before I started
working at Yellowstone National Park
to the highest point of rock.

I asked someone to take a photo
of us for a reason: to remind myself that
I was letting you go to a life you wanted
in New York. It would all be worth it,
I told myself, this is the right thing to do.

You were back, then suddenly not.
Two months after your visit, you called
to tell me that you had a girlfriend.
She was pregnant. I threw my phone.
My mom found me naked, sweating,
screaming, crying, in a bedsheet—
much like the day I was born,
much like the day your son was born.

*

“What good is buying a heifer that can’t birth calves?”

The smirking farmer I’m sitting across from
 Is completely unaware of a possible reality: that—
 Just across the ocean—
 On a smaller farm in South France—
 The sun burns far too warm for another farmer’s liking
 But the crops are growing strong, thick, and slightly unruly.
 On this farm— a wiry, old farmer
 Sings to his cows, treats them with softening
 Carrots, pampers them with compliments
 On their God-given, dappled coats
 and large, deep, domed eyes. And when
 That inevitable, solemn day comes, he will slaughter
 Them in the most humane way— a death so clean and
 Affectionate— the kind of death to pray for.
 But this would be unfathomable—
 Absolutely absurd— for the farmer
 Whose eyes are assessing me right now. To him,
 Kindness is just another iron tool on the farm—
 Just another sharpened,
 hook-shaped prod.

(Featured image from [Pexels](#))

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Versatility in Practice: The Growing Appeal of Dual Nurse Practitioner Credentials

Our Friends · Thursday, October 2nd, 2025

A patient walks into a clinic struggling with both high blood pressure and depression. Instead of seeing two different providers, one nurse practitioner addresses both concerns in the same visit, saving time and creating a more comfortable experience.

This kind of care reflects a shift in healthcare’s needs. As conditions grow more complex and patients face overlapping physical and mental health issues, **the demand for nurse practitioners has grown**. Dual credentials offer a practical solution, equipping nurses to meet diverse needs while strengthening the overall quality of care.

What Are Dual Nurse Practitioner Credentials?

Dual nurse practitioner credentials mean earning certification in two specialties, such as Family Nurse Practitioner (FNP) and Psychiatric-Mental Health Nurse Practitioner (PMHNP), or FNP and Adult-Gerontology Nurse Practitioner (AGNP). These combinations allow advanced practice nurses to care for patients across a broad spectrum, from physical wellness to specialized needs.

Unlike single-track certifications that focus on one area, dual credentials expand the range of practice, enabling providers to address multiple conditions without immediate referral.

The educational pathway usually involves enrolling in structured programs that combine coursework and clinical training for both specialties. Nurses looking to broaden their clinical expertise often pursue [dual nurse practitioner programs](#) to improve their career options.

These programs may take longer than a single track, often between three and five years, depending on part-time or full-time study, but they provide concentrated training that equips NPs with the competencies required for each role. By completing dual tracks, NPs not only expand their clinical knowledge but also their ability to adapt to different care circumstances.

Why Dual Credentials Are Gaining Popularity

The rise in dual credentials is closely tied to gaps in today's healthcare system. [Primary care shortages remain widespread](#), particularly in rural areas, and mental health needs are increasing at a pace that outstrips the supply of available providers. At the same time, [patients are living longer with chronic conditions](#), creating overlapping needs for physical and behavioral health care.

Healthcare systems are also moving toward more integrated models of care. Organizations want providers who can manage multiple concerns within one encounter, reducing costs while improving patient outcomes. Dual-certified NPs bring this kind of flexibility, offering both breadth and depth.

For nurses themselves, the appeal lies in career security and opportunity. Having dual certification means being qualified for more positions, whether in hospitals, private practices, community health centers, or academic settings. It also provides a safeguard against market shifts in demand for one specialty over another.

Advantages of Dual Certifications

Dual certification brings a range of practical benefits that improve patient care and expand professional opportunities.

Broader Scope of Practice: Nurses with dual credentials can manage both physical and mental health needs or provide care across different age groups, depending on their combination of specialties.

Improved Continuity of Care: Patients benefit from seeing one provider who understands the full scope of their health, reducing the need for multiple referrals and improving trust in the provider-patient relationship.

Career Versatility: Dual-certified NPs can move between hospitals, outpatient practices, specialty

clinics, and underserved community settings, giving them options that a single-track provider may not have.

Meeting Diverse Needs: Rural and underserved areas often struggle to recruit multiple specialists. A dual-certified NP can bridge gaps, providing comprehensive care where resources are limited.

Professional Growth & Marketability: Employers value the versatility dual credentials bring. This makes candidates more competitive for leadership roles and provides leverage for negotiation around pay, continuing education, and scope of practice responsibilities.

Aligning Talent with Need

Healthcare is moving toward value-based care and team-based delivery, where versatility is highly prized. Dual-certified nurse practitioners fit well into integrated systems that focus on both efficiency and quality. They are especially valuable in rural and underserved communities, where one provider may need to manage chronic illnesses while also addressing behavioral health in the same setting.

Their role is equally important in hospital-to-home transitions, where ongoing care across physical and mental health leads to better outcomes.

From a policy standpoint, full practice authority and licensure portability are critical to maximize the impact of dual NPs. The [APRN Compact](#), billing alignment, and payer recognition all play roles in enabling them to practice effectively. Employers can also contribute by writing job descriptions that reflect dual scopes, offering differential pay, or creating shared roles across service lines.

Looking forward, education will continue to evolve. Integrated curricula and simulation-based learning can prepare nurses for cross-domain competence, preparing them to excel in environments where the demand for holistic, adaptable care is only set to increase.

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Dual nurse practitioner credentials represent more than just additional letters after a name; they demonstrate the ability to meet patients where they are, providing versatile care that bridges gaps across specialties.

As the healthcare system evolves, these providers stand out for their adaptability, helping patients manage complex needs within a single setting. With ongoing growth in integrated care models, dual-certified NPs are well placed to play a key role in shaping the future of healthcare.

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Full Swing Season

Ann Haskins · Wednesday, October 1st, 2025

San Francisco visitors bring gothic horror ballet to Costa Mesa; legendary modern's centennial in Northridge; site specific dance celebrated in Westwood, Crestwood Hills, and Downtown; flamenco in Westwood, Malibu and Long Beach; tango in Glendale; contemporary ballet with 'zah' in Santa Monica; Irish dance in Irvine, dance in progress downtown and in Culver City; more SoCal dance this week, plus a peek at next week.

Live This Week

It's ALIVE!

Gothic horror in pointe shoes and rock concert-worthy pyrotechnics are the calling cards as the superb dancers of **San Francisco Ballet** bring Liam Scarlett's full-length *Frankenstein*. The ballet's success early in San Francisco Ballet's last season prompted encore performances at the end of the season. The choreographer used a palette of contemporary choreography and stage technology to paint a cautionary tale of unexpected consequences unleashed when tampering with new possibilities of creation. This contemporary return follows SF Ballet's July Hollywood Bowl performances with the LA Phil that emphasized classical repertoire. This time the **Pacific Symphony** provides live music for what hopefully augurs for more frequent visits under artistic director Tamara Rojo. Segerstrom Center for the Arts, 600 Town Center Dr., Costa Mesa; Thurs.-Fri., Oct. 2-3, 7:30 pm, Sat., Oct. 4, 2 & 7:30 pm, Sun., Oct. 5, 1 pm, \$59-\$179. [San Francisco Ballet – Frankenstein](#).



San Francisco Ballet's "Frankenstein" with Joseph Walsh and Wei Wang. Photo by Lindsey Rallo

Dance gangs

The combined Broadway magic of Leonard Bernstein, Stephen Sondheim, and Jerome Robbins

captured in *West Side Story* launches the **LA Opera** season with a new production that sets a dance company worth of movers soaring to an opera orchestra of a size that most theaters can only envy. Robbins' drew on his New York City Ballet as well as his Broadway jazz chops creating dances that fit with Bernstein's melodies and Sondheim's lyrics in a close knit seldom matched before or since. Production choreographer Joshua Bergasse has set Robbins original choreography, as sharp as the finger snap that ignites this iconic, still contemporary retelling of *Romeo and Juliet*. Dorothy Chandler Pavilion, 135 N. Grand Ave., downtown; Sat., Oct. 4 & Oct. 11, 7:30 pm, Sun., Oct. 5 & Oct. 12, 2 pm, Wed., Oct. 8, 7:30 pm, Sat \$32.50-\$350. [West Side Story](#).



LA Opera's *West Side Story*. Photo by Todd Rosenberg

It's in the art

In *Searching for Goya*, **Soledad Barrio** and **Noche Flamenca** draw inspiration from the paintings of Spanish artist Francisco Goya. The dancers, musicians and singers promise to blend live flamenco dance with video projections that include Goya's art. Smothers Theater, Pepperdine University, 24255 Pacific Coast Hwy., Malibu; Thurs., Oct. 2, 7:30 pm, \$30.50-\$58. [Pepperdine](#). Also at Carpenter Performing Arts Center, Cal State University Long Beach, 6200 Atherton St., Long Beach; Sat., Oct. 4, 8 pm, \$38.75-\$78.75. [Noche Flamenca](#).



Soledad Barrios. Photo courtesy of the artist

When Graham met Lenny

During their lives, choreographer Martha Graham and composer Leonard Bernstein never worked together, until now. A musical excerpt discovered in correspondence between the dancemaker and the music maker inspired a new commission *En Masse*, choreographed by Hope Boykin to music by Leonard Bernstein and Christopher Rountree of WildUp (which will play live). The new work is the centerpiece of this performance continuing the centennial celebration of the **Martha Graham Company**. Also on the program, Graham's 1947 *Night Journey*, a rarely seen work based on Oedipus, and *We the People* choreographed by Jamar Roberts with a folk score by Rhiannon Giddens, a 2024 creation inspired by Graham's longstanding sociopolitical critique. The Soraya, Cal State University Northridge, 18111 Nordhoff St., Northridge; Sat., Oct. 4, 8 pm, \$59-\$117. [Graham 100](#).



Martha Graham Dance Company. Photo by Brigid Pierce

When Verdi did ballet

Under the banner *Spellbound*, **Kenneth Walker Dance Project**'s fall repertory show includes *Birthday Variations* choreographed by the late Gerald Arpino for the Joffrey Ballet. Set to Giuseppe Verdi's ballet music from his operas, the work for five ballerinas and a solo male dancer has six variations and a pas de deux. Blackbox Theater, Westside Ballet, 1709 Stewart St., Santa Monica; Sun., Oct. 5, 8 pm, \$33. [Kenneth Walker Dance Project](#).



Kenneth Walker Dance Project. Photo by Scott Edwards

Made where?

As part of the biennial *Made in LA*, choreographer **Will Rawls** stages monthly site-specific performances titled *Unmade*. The work promises to take visitors in, around, and outside the museum's galleries. The dancers include Gurmukhi Bevli, Maya Billig, Ajani Brannum, Jeremy De'jon Guyton, Tiara Jackson, and Kensaku Shinohara. Hammer Museum, 10899 Wilshire Blvd., Westwood; Sun., Oct. 5, Sat., Nov. 1, Sat., Dec. 6, Sat., Jan. 17, 2026, Sat., Feb. 7 & 28, 2026, noon to 4 pm, free. [Hammer Museum](#).



Will Rawls. Photo by Jared Sorells

Going home

The site-specific performers of **HomeLA** present *The Weight of a Dream* with choreographer **Genna Moroni** and director Christina Burchard tackling ideas and ideals of affordable homes and resilient community. The MHA Site Office, 990 Hanley Ave., Crestwood Hills Sat., Oct. 4, 7:30 pm, \$35. [HomeLA-Genna Moroni](#).



Genna Moroni and G.U.M. Photo by Denise Leitner

Is she blue?

Choreographer **Rosanna Gamson**, in creative partnership with Gretchen Ackerman and Marissa Brown, previews the new duet *Blue*. The premiere performance will be at the Feng Dance International Gala in Tainan, Taiwan; SoCal gets the first peek along with a chance for post-performance discussion. Pieter Performance Space, 2701 N. Broadway, Downtown; Sun., Oct. 5, 4 pm, free w/reservation at [RGWW-Blue](#).



Rosanna Gamson/World Wide. Photo courtesy of the artists

Irish wit

After its debut Off-Broadway last season, **A Taste of Ireland** stops off at two local venues on its national tour. The show offers a tour of Ireland's chaotic history in dance and music. Irvine Barclay Theatre, UC Irvine, 4242 Campus Dr., Irvine; Thurs., Oct. 9, 7:30 pm, \$59-\$89. [The Irvine Barclay](#). Also at The Alex Theater, 216 N. Brand Blvd., Glendale; Sat., Oct. 11, 7 pm, \$79-\$89. [The Alex Theater](#).

Making progress

This Monday night series enters its fourth season showcasing emerging dance from LA-based choreographers. *Works in Progress (WIP) Season 4* bring work by **Mamie Green** and **Emily Mast** to the stage. Wende Museum, Glorya Kaufman Community Center, 10808 Culver Blvd., Culver City; Mon., Oct. 6, 7:30 pm, free w/reservation at [WIP](#).



Megan Paradowski and Mamie Green. Photo by Taso Papadakis.

Two to...?

Relatively new **Patagonia Tango Company** takes the stage with 12 resident company dancers plus guest artists from Argentina. Artistic directors Oscar Mansilla and Romina Rodriguez provide the choreography for *Furia Tanguera*, with additional repertory by guest choreographers. The Alex Theater, 216 N. Brand Blvd., Glendale; Fri., Oct. 3, 8 pm, \$43-\$103. [The Alex Theater](#).

Audience choice

Choreographer Seda Aybay and the dancers of the contemporary **Kybele Dance Theater** offer the audience the option to observe or participate in *simyaci* — Alchemist. Muckenthaler Cultural Center, 1201 W. Malvern Dr., Fullerton; Thurs., Oct. 9, 7:30 pm, \$35. [Kybele Dance Theater](#).



Kybele Dance Theater. Photo by Yoshi Taniyama

Going backstage

With its blend of acrobatics, cirque and mechanicals, **Cirque Mechanics** promises to take the audience backstage at the circus in *Tilt!* Pepperdine University, Smothers Theatre, 24255 Pacific Coast Hwy.; Tues., Oct. 7, 7:30 pm, \$33-\$63. [Cirque Mechanics](#).

Museum dance

Since 1966, **Grupo Folklórico de UCLA** has celebrated Mexican heritage and brings a performance of folkloric dance and song for Hispanic Heritage Month. UCLA Fowler Museum, 308 Charles E Young Drive North, Westwood; Wed., Oct. 8, 6 pm, free w/reservation [Fowler folklórico](#).



Grupo Folklórico de UCLA. Photo courtesy of the artists

How little?

Choreographer turned playwright **Rudi Goblen**'s *Little Boy/Little Man* includes moves from choreographer **Christopher Scott**. Geffen Playhouse, 10886 Le Conte Ave., Westwood; Thurs., Oct. 9, then Wed.-Thurs., 7:30 pm, Fri., 8 pm, Sat., 3 & 8 pm, Sun., 2 pm, thru Sun., Nov. 2, \$45-\$139. [Little Boy/Little Man](#).



Heidi Duckler Dance. Photo courtesy of the artists

Offstage gala

For forty years, the vibrant, site-specific assemblage of dancers, musicians, actors, singers, and all around performers that constitute **Heidi Duckler Dance** have taken audiences on eye-opening journeys through metropolitan LA and its varied cultural history. From historic jails and underground redcar yards, the concrete walls of the LA river to many-masted sailing vessels, HDD has been a force on the LA dance scene. The four decade milestone is celebrated in the company's annual gala, dubbed *40 Years Off the Stage*, appropriately is at an historic downtown building. The California Club, 538 Flower St., Downtown; Sat., Oct. 4, 5 pm, \$400 and up. [Heidi Duckler 40th Anniversary](#).

Onstage gala

A curated ballet performance by **State Street Ballet**, plus the usual gala dinner and auction highlight Santa Barbara's professional ballet company's *31st Anniversary Gala*. Music Academy of the West, 1070 Fairway Rd., Santa Barbara; Sat., Oct. 4, 5 pm, \$350 and up. [RSVP for Annual Gala — State Street Ballet](#).



State Street Ballet. Photo courtesy of the artists

It's a ten

Ten performers, including dancers, each with ten minutes to win over the audience. It's the mostly monthly, first Monday series, **Max 10**. Electric Lodge, 1416 Electric Ave., Venice; Mon., Oct. 6, 8 pm, \$15, [Max10](#).

A Peek at Next Week (Oct. 10-16)

Andrew Pearson/bodies in play — *The Making of Our Dancer's Project* at Pieter Performance Space, 2701 N. Broadway, Downtown; Sat., Oct. 11, 7:30 pm, free w/reservation at [Bodies in Play reservations](#).

USC Kaufman & Paris Conservatory — *City of Angels/City of Light* (sneak peak and Q&A) at USC Glorya Kaufman International Dance Center, 849 W. 34th St., University Park; Thurs.-Fri., Oct. 16-17, 7:30 pm, free. [USC Kaufman](#).

BODYTRAFFIC at Bank of America Performing Arts Center, 2100 E. Thousand Oaks Blvd., Thousand Oaks; Fri., Oct. 10, 8 pm, \$42-\$77. [BODYTRAFFIC](#).



Jordyn Santiago and Anaya Gonzalez of BODYTRAFFIC. Photo by Trey McIntyre

Reborn Arts — *Dance for Peace* at The Academy of Dance, 2431 N. Tustin Ave., Suite Q, Santa Ana; Thurs., Oct. 16, 6:30 pm, free w/reservation at [>Reborn Dance](#).

American Contemporary Ballet — *Death and the Maiden and Burlesque: Variation IX* at ACB Studios, Bank of America Plaza, Co-150, 333 S. Hope St., Downtown; Opens Fri., Oct. 10, then Fri.-Sat., 8 pm, to Sat., Nov. 1, \$65-\$140. [ACB](#).

Ballet Project OC — *Starbound* at Irvine Barclay Theatre, UC Irvine, 4242 Campus Dr., Thurs., Oct. 16, 8 pm, \$41.25 - \$90. [Ballet Project OC](#).

Nancy Evans Dance Theatre & Pasadena Dance Theatre — *Convergence* at Pasadena Dance Theatre, 1985 Locust St., Pasadena; Sat., Oct. 11, 5:30 pm, \$65 (includes pre-show reception) [NEDT & Pasadena Dance Theatre](#).

Keshet Chaim Dance Ensemble with the Jewish Symphony — *LA Voices* at Wilshire Ebell Theatre, 4401 W. 8th St., Hancock Park; Sun., Oct. 12, 4 pm, free, waitlist at [Keshet Chaim Dance Ensemble](#).

Benita Bike DanceArt at Los Angeles Mission College, AMP Theatre, 13356 Eldridge Ave., Sylmar; Tues., Oct. 14, 4 pm, free. [Benita Bike's DanceArt](#).

Diavolo — *Escape* at L'Espace Diavolo Studios, 616 Moulton Ave., Lincoln Heights; Fri.-Sat., 8

pm, Sun., 6 pm, thru Sun., Nov. 23, 6 pm, \$51.74-\$93.14. [Diavolo – Escape](#).



Diavolo Veterans Project. Photo by George Simian

Pennington Dance Group, Benita Bike DanceArt and other dance groups part of Artnight Pasadena at ARC Pasadena, 1158 E. Colorado Blvd., Pasadena; Fri., Oct. 10, 6-10 pm, free. [Benita Bike's DanceArt](#).

Brian Golden, Illeana Vasquez, Giselle Boustani-Fontenele, and Annette Torres — *Demand to Be Heard* at Wisteria Theater, 7061 Vineland Ave., North Hollywood; Sun., Oct. 12, 6 pm, \$25. [Demand to Be Heard Artists Showcase](#).

Benise — *25 Years of Passion* at Lobero Theatre, 33 E. Canon Perdido St., Santa Barbara; Fri., Oct. 10, 7:30 pm, \$46.50-\$102.50. [Lobero Theatre](#). Also at Fred Kavli Theatre, Bank of America Performing Arts Center, 2100 E. Thousand Oaks Blvd., Thousand Oaks; Sat., Oct. 11, 7:30 pm, \$33-\$113. [Ticketmaster](#).

Red Bull Dance Your Style World Final at Intuit Dome, 3930 W. Century Blvd., Inglewood; Sat., Oct. 11, 7:30 pm, \$27-\$80. [Red Bull Dance Your Style Finals](#).

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